After Seven Years— What?

Still "always merry & bright" & never a pang of Indigestion.

Thanks to MOTHER

SEIGEL'S SYRUP

After Seven Years—What?

IT is a common saying that all people change entirely in each seven years. We, as a nation, have changed from what we were seven years ago. And no wonder! The world has been shaken about our ears.

But in the vast upheaval, has nothing stood fast? Has nothing remained unshaken into chaos? Has every ideal been swept away? It would be a sorry world if it were so! Human nature has been tested to the uttermost, but it has not changed. There still remains a deal of the milk of human kindness; we are still full of high courage; and we still have an unshaken confidence in ourselves and those things which have proved trustworthy—a confidence which will yet carry us on triumphantly to real peace and prosperity.

And all prosperity is based on mutual confidence. The unshaken confidence of the countless thousands of people who have proved its merits for themselves explains the continued success of Mother Seigel's Syrup—a medicine which has never changed—in efficacy or remedial value—either in seven years or in seven times seven.

In the happy knowledge that we have deserved that confidence, we have pleasure in greeting our Readers again after seven years' silence. Our friends may often have seen the name of Mother Seigel's Syrup in the newspapers but, owing to unsettled conditions, this is the first opportunity we have had for "a real good talk" together, for seven years.

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Some of the Greatest Things in the World.

January, 1922						
S	1	8	15	22	29	
M	2	9	16	23	30	
T	3	10	17	24	31	
W	4	11	18	25	—	
T	5	12	19	26	—	
F	6	13	20	27	—	
S	7	14	21	28	—	

The greatest empire in the world—in prestige, power and extent, is the British Empire, on which the sun never sets. It covers an area of over 12 million square miles and includes nearly 400 million people.

* * *

The largest Navy in the world is the British Navy, the second largest is the United States Navy, and the third is the Japanese.

* * *

The longest river in the world is the Mississippi (combined with the Missouri) which flows through the Southern States of America, and has a total length of 4,200 miles.

* * *

The largest river in the world, in volume of water, is the Amazon, in Northern Brazil, which drains nearly three million square miles of land and has a length of 3,270 miles.

* * *

The highest mountain in the world is Mount Everest (29,002 feet high). It stands partly in India and partly in Thibet, sometimes called "The Roof of the World."

* * *

The largest desert in the world is The Sahara, in Northern Africa. It covers an area of 3,500,000 square miles.

* * *

The largest church in the world is St. Peter's at Rome, but this is small in comparison with the Temple at Karnac, in ancient Egypt, the ruins of which are still being explored.

QV 26
1921
W58a

The highest occupied building in the world is the Woolworth building of New York, which rises to a height of 750 feet and has fifty-five stories. The Eiffel Tower is 985 feet high and St. Paul's Cathedral (to top of the cross) only 404 feet.

* * *

The longest tunnel in the world is the Simplon tunnel through the Alps. It is 12¼ miles in length and connects Italy with Switzerland.

* * *

The greatest stomach and liver tonic in the world is Mother Seigel's Syrup which has banished more stomach and liver troubles than any other medicine ever discovered.

* * *

The longest bridge in the world is that across the Tay river in Scotland, and is a tribute to the mechanical genius of British Engineers. It is 10,500 feet in length.

* * *

The largest park in the world is Yellowstone Park, situated in Wyoming, and is kept in its natural state by order of the United States government. It covers an area of 5,575 square miles.

* * *

The largest caves in the world are the Mammoth Caves of Kentucky. Through these dark caves run rivers in which the fish are blind.

* * *

The largest dye works in the world are in Germany. The best dyes for home use are made in England (see page 11).

* * *

The largest palace in the world is the Vatican, the dwelling place of the Pope at Rome. It contains no less than 1,000 halls and rooms, and covers an area of nearly 14 acres.

PUBLIC HOLIDAYS, 1922.

Good Friday, April 14.	**August Bank Holiday, Aug. 7.**
Easter Monday, April 17.	**Xmas Day, Dec. 25.**
Whit Monday, June 5.	**Boxing Day, Dec. 26.**

THE SECRET OF GOOD HEALTH

February, 1922						
S	-	5	12	19	26	
M	-	6	13	20	27	
T	-	7	14	21	28	
W	1	8	15	22	-	
T	2	9	16	23	-	
F	3	10	17	24	-	
S	4	11	18	25	-	

The great secret of good health is to observe a few simple laws with which we ought all to be acquainted. They are sound laws, based on human experience and the wisdom of the ages.

Men and women, rich and poor, of all periods and places, have proved that good health and long life are enjoyed most frequently by those who obey the laws which say :—

We should take a sufficiency of plain, wholesome food, and of fresh air.

We should take regular meals and regular exercise ; we should wash ourselves regularly ; have a regular daily movement of the bowels ; and live a regular, orderly life.

These are the simple laws we should obey, and whenever we fail to do so, Nature is sure to exact a penalty, because her laws treat us all alike. Duke or dustman, countess or char-woman, the person who does not obey the laws of health is sure to suffer, and *almost always* the penalty begins with stomach, liver or bowel trouble.

If you suffer from any such trouble, if you have indigestion, biliousness, constipation or any kindred affliction, your first object is to escape from your ailment as quickly as possible ; and experience proves that for stomach and liver disorders there is nothing in the world so good, so rapid or so

suitable for the vast majority of people as Mother Seigel's Syrup.

It is over fifty years since this popular medicine was first introduced to the public. During that time tens of thousands of people have discovered its healing virtues, and won back their good health. That is why it has won world-wide fame as *the* household remedy for banishing disorders of the stomach, liver and bowels. If you suffer from any such disorders, Mother Seigel's Syrup can help *you* just as surely as it has helped those tens of thousands of other people. They all, if you could speak to them, would recommend Mother Seigel's Syrup. You will do the same when *you* have put it to the proof !

HOUSEHOLD HINTS.

A pinch or two of borax in hard water will soften it.

When washing up, add a few drops of liquid ammonia to the water, and see how easily the grease leaves the dishes.

Rust is quickly removed from fireirons and stoves if you use a paste made from fine coal ashes and paraffin.

When the oven is too hot, placing a basin of cold water in it will at once lower the temperature.

Egg stains are quickly removed from silver with common salt.

As soon as you spill ink on a cloth, wet the place with juice of lemon or with vinegar, and the best white soap. Then cleanse with clear water.

To clean book pages, mix two parts of water to one of vinegar. Rub lightly with a clean rag over the soiled page, and leave the book open for a few moments to dry.

Iron saucepans will not crack if left on the fire for a minute or two without water, but tin saucepans, if so left, will develop a hole almost immediately.

Common salt is one of the best things you can use for cleaning marble. It will remove tarnish and stains, and leave the marble bright and clean.

After peeling onions, you can remove the odour from your hands by washing them in warm water containing a teaspoonful of mustard.

Cans and jugs made of tin will last much longer if turned upside down directly they are emptied. Those few drops so frequently left at the bottom of a tin vessel cause rust and tiny holes.

A potato cut in two, if it is dipped in brick dust or the fine sooty ashes from under the grate, and rubbed on the knives and forks, will quickly brighten them.

3 teacups of lump sugar make one pound.

2 cups of granulated sugar make one pound.

4 tablespoons of flour make one ounce.

1 quart of flour is one pound.

March, 1922

S		5	12	19	26
M		6	13	20	27
T		7	14	21	28
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	—

One of the greatest of medical authorities has stated that more than half the diseases which afflict the human race can be traced to digestive troubles. That is very true. If your stomach fails to digest your food properly, your health begins to suffer. Undigested food quickly ferments and gives off poisonous gases which may make the blood stream impure, and through it affect the nerves until they are shattered.

Flatulence, headaches, pains after eating, a furred tongue, constipation and bilious attacks are also common symptoms of a disordered stomach. Thus the two great dangers of indigestion are these—your body fails to receive the necessary nutriment from the food you eat, because it is not thoroughly assimilated, and your system will be slowly but certainly clogged and poisoned by the decayed products of indigestion, which you allow to remain in the system.

To save yourself from indigestion, the enemy of good health, you should take a course of Mother Seigel's Syrup. It is made from more than ten different varieties of roots, barks and leaves which have a gentle stimulating effect on the stomach, the liver, the kidneys and the bowels. It is the experience of countless one-time sufferers that Mother Seigel's Syrup really does banish and prevent indigestion and its attendant troubles. Profit by their experience.

There is scarcely a village in England where you cannot find someone who is only too pleased to say that he or she owes the blessings of health to Mother Seigel's Syrup, and what is true of England is equally true of almost any part of the British Empire.

ACIDITY—HEARTBURN—WATERBRASH.

There are few more distressing complaints than acidity, heartburn or waterbrash, and few, unfortunately, more common, particularly among women. The chief causes are constipation and loss of stomachic tone, because if the bowels and stomach are not acting naturally and efficiently, food is not thoroughly and easily digested, and food which remains undigested, or only partially digested, gives rise to these unpleasant sensations. Mother Seigel's Syrup gives tone and strength to the stomach, and regulates the action of the bowels. Thus it removes the cause of acidity, heartburn and waterbrash and you quickly cease to suffer. Test it to-day.

HOUSEHOLD HINTS.—CONTD.

Splinters when embedded deeply in the skin can often be removed easily with a clean needle, if you first use a hot fomentation.

Don't frighten naughty children by threatening to "tell father." Make them respect rather than fear him.

To clean windows, mix a little powdered washing blue in liquid ammonia, then rub a little of the mixture on the glass and polish with a clean duster.

To remove fly marks from mirrors, rub with a little powdered washing blue.

Potatoes do not stain the hands if peeled when quite dry. Do not put into water till afterwards.

To take worms out of pot plants, insert matches cross-wise in bottom of flower pots, and the worms will soon make their appearance and can then be destroyed.

China door and finger plates should be cleaned by rubbing with a cloth wetted in ammonia and water.

If you want to dye any material permanently, so that the colour won't come out in the wash or run in the rain, you must dye with boiling water. So called "cold water dyes" cannot give you fast colours Distaff Dyes are real dyes and give permanent shades of real beauty.

To brighten carpets, wipe them with warm water into which has been poured a few drops of ammonia.

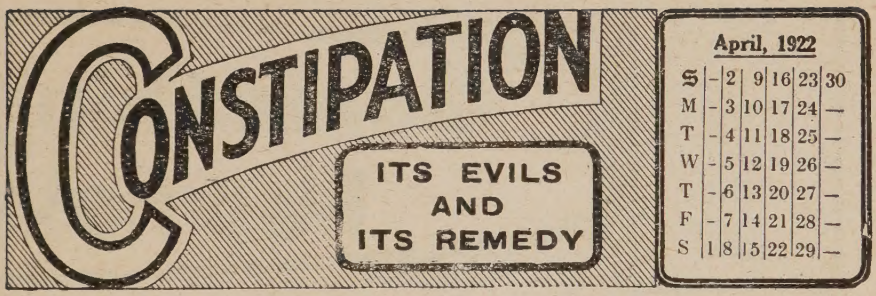
If soot falls on your carpet, cover it quickly with dry salt, and then lightly sweep it off again. If this is done quickly and carefully, no trace of the soot will be left.

When washing chamois leather leave as much soap as possible in it. When dry it will appear like new.

Newly baked bread should never be placed on a painted table, as it will absorb the smell of the paint.

Don't search for an escape of gas with a light—or you may find it more quickly than you expected.

Don't leave matches about. Merely to tell children not to play with them is not sufficient. The breed of "Good little boys" who always do what they are told, is now extinct.



No trouble is so widespread, and few are so dangerous, as constipation. Nearly every second man you meet has known its horrors, and four out of every five women suffer from it, on and off, and sometimes year after year.

The cause of constipation is often a deficiency of bile, the natural laxative, due to the sluggish action of the liver. The effects of constipation upon the system are varied and serious, for when the waste products of undigested food are allowed to remain in the bowels, they generate poisons which are drawn back into the system through the blood, affecting the whole body and causing such distressing symptoms as violent headaches, listlessness, sleeplessness, nausea, loss of appetite, languor and pains in the stomach and chest.

If your constipation is already obstinate, it is perhaps wise to ensure a thorough evacuation from time to time, by taking Mother Seigel's Operating Pills, which do not purge but do just what is required of them. After that, to ward off constipation, the closest attention should be paid to regularity of movement, at least once a day ; but any medicine which violently purges the system is worse than useless, since the act of purging weakens the muscles and thus tends to make the constipation *chronic*.

What is needed is a gentle, *natural* movement, and this can be obtained by taking Mother Seigel's Syrup after meals. Mother Seigel's Syrup is a herbal remedy, and by virtue of its stimulating action on the stomach, liver and bowels, it tones and strengthens them to healthy activity. It is a gentle and proved remedy for constipation and kindred ills.

May, 1922

S	-	7	14	21	28
M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	31
T	4	11	18	25	—
F	5	12	19	26	—
S	6	13	20	27	—

June, 1922

S	-	4	11	18	25
M	-	5	12	19	26
T	-	6	13	20	27
W	-	7	14	21	28
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	--

Some things has neve

Science, which can take the by-products of coal tar and turn them into beautiful dyes, high explosives, or valuable drugs at will, is yet unable to explain a host of things in which most people are interested. Science cannot answer your question: "WHAT IS LIFE"? nor tell you what is electricity, nor how old the world is!

Science does not know *why* certain plants contain particular medicinal extracts, but it knows that some medicinal extracts *are* found only in certain roots, barks and leaves which are met with, perhaps, in only one part of the world.

This is true of several of the medicinal extracts of roots, barks and leaves which are contained in Mother Seigel's Syrup. Experience—extending over fifty years—has proved that, in combination, these extracts have a remarkably beneficial effect upon the stomach, liver and bowels, but science has not explained why the same beneficial effect cannot be obtained in any other way.

The fact remains—and has been proved thousands upon thousands of times, by men and women in all parts of the world—that Mother Seigel's Syrup does tone up the stomach in a remarkable manner, and does have a stimulating and regulating effect upon the action of the kidneys, liver and bowels.

For fifty years, men and women who have suffered from stomach and liver troubles—from indigestion, acidity, pains

which Science explained!

July, 1922						
S	–	2	9	16	23	30
M	–	3	10	17	24	31
T	–	4	11	18	25	–
W	–	5	12	19	26	–
T	–	6	13	20	27	–
F	–	7	14	21	28	–
S	1	8	15	22	29	–

August, 1922						
S	–	6	13	20	27	
M	–	7	14	21	28	
T	1	8	15	22	29	
W	2	9	16	23	30	
T	3	10	17	24	31	
F	4	11	18	25	–	
S	5	12	19	26	–	

after eating, flatulence, waterbrash, headache, impure blood, listlessness, biliousness and constipation—have found in Mother Seigel's Syrup a measure of speedy relief which no other medicine can offer.

Mineral drugs may deaden the pain for a while, but they do not touch the root of the matter at all. The *herbal* medicinal extracts contained in Mother Seigel's Syrup are Nature's own remedy, and remove the cause of the trouble in a *natural manner.*

If it were not so, Mother Seigel's Syrup would not, and could not, be the constant family remedy which it is, and has been, for half a century. Its reputation is based upon the fact that it does all that is claimed for it, and that it has seldom, if ever, failed the people who have pinned their faith to its efficacy. These people do not ask Science to explain why Mother Seigel's Syrup banishes their digestive troubles and keeps them well. It is sufficient for them to know that they are living proof of the fact that Mother Seigel's Syrup is the most reliable remedy in the world for their stomach and liver troubles—and for YOURS! Think these facts over carefully, and you will see for yourself why no so-called substitute for Mother Seigel's Syrup can have the remedial effect of the genuine medicine. Avoid disappointment by taking the genuine remedy—Mother Seigel's Syrup—the herbal medicine with the world-wide reputation, which has stood unshaken for over fifty years.

FLATULENCE OR WIND IN THE STOMACH.

Flatulence, so common amongst middle-aged people, should never be treated lightly. Quite apart from the discomfort and the pains which are inflicted by wind in the stomach, it clearly indicates some weakness or derangement of the digestive organs, and unless these organs are working efficiently, good health is an impossibility, and lowered vitality is a certainty. The effective remedy, proved by fifty years of world-wide experience, is Mother Seigel's Syrup. If you suffer from flatulence, or any other form of stomach or liver trouble, try the effect of taking thirty drops of Mother Seigel's Syrup, after each meal, and you will soon understand why this popular herbal remedy is the friend of the family in countless thousands of homes.

HOUSEHOLD HINTS.—CONTD.

Don't neglect a loosened stair rod. Fasten it in place immediately, or a nasty accident may ensue.

To prevent a new lamp glass cracking, put it into cold water, bring it to the boil and let it cool gently.

Linens and calicoes are kept white by drying them in the sun, but flannel is kept white by drying it in the shade, in the open air. Remember this on washing day

Don't read in bed at night time—especially with a candle. Apart from the danger—which is obvious—it is very injurious to the eyes.

Never put tinned food back into the tin. Fully one half of the cases of poisoning from the use of tinned goods arise from the food having been put back into the tins and kept over for another meal.

Old fruit stains on damask cloths can be removed by rubbing on both sides with yellow soap; cover thickly with cold water starch; rub well in and expose to the sun and air for from three to four days.

To remove a scorch from woollen materials, rub the scorched patches with a silver coin for a few minutes and they will disappear.

To restore the colour of a silk or woollen fabric, sponge the discoloured parts with a solution of two parts of sal ammoniac to one part of water. Then rub it with a piece of the same material until it is dry, and the colour will be restored to its original shade. Add a little alum to the rinsing water for faded garments.

A slightly soiled lace garment can be made useful again if dyed in coffee. The stronger the coffee, the darker the shade. First try the shade with a piece of the actual material.

Children's dresses may be rendered well-nigh fireproof if, in the last rinsing water, or in the starch in which they are stiffened, one ounce of alum or sal ammoniac is dissolved. Clothing treated in this way will with difficulty take fire, and even if it should, will burn slowly and without flame.

Catching the Colours of the Rainbow.

September, 1922					
S	-	3	10	17	24
M	-	4	11	18	25
T	-	5	12	19	26
W	-	6	13	20	27
T	-	7	14	21	28
F	1	8	15	22	29
S	2	9	16	23	30

Whenever we wish to convey the idea of a wide range of the most beautiful colours, we say : " All the colours of the rainbow." Artists have frequently tried to catch these colours, but they have rarely been wholly successful. But where they have failed, the chemist has succeeded. He has found the colours of the rainbow in *common coal.*

When coal is made into gas, there are certain by-products and from these come those beautiful aniline dyes which vie in richness and beauty with the rainbow itself.

For many years, Germany kept this dye trade almost exclusively in her own hands, but to-day—especially in dyes for home use—the best, the most satisfactory, and the least expensive are made in England. By the aid of Distaff Dyes—for instance—you can, without inconvenience and at a trifling cost—dye any desired article a new and beautiful shade, and save the expense of buying something new.

Distaff Dyes are all-British. They are manufactured by us under the expert supervision of trained chemists. You may, therefore, rely as confidently upon their efficiency as you rely already upon the efficacy of your trusted medicine—Mother Seigel's Syrup.

In every household, there are many possibilities for Distaff Dyes, from baby's dress to father's summer shirt, from the faded table cloth to the winter waistcoat. In your own case, would not a new and beautiful shade give new life and charm to any one of such things as these : a dress, a cloak, a coat, a wrap or shawl, a scarf, a pair of socks or stock-

ings, a tie, a pair of gloves, a bunch of ribbons, a piece of lace, a pair of curtains, a pair of pyjamas or a nightgown, a camisole or a skirt ? And wouldn't you dye that article to-day if you were quite sure that the result would be satisfactory ? It will be entirely satisfactory if you use only Distaff Dyes—the simple home dyes of excellent quality.

OUR FREE GIFT TO YOU.

If you are a purchaser of Mother Seigel's Syrup, we will send you, FREE AND POSTAGE PAID, one sixpenny packet of Distaff Dyes of any colour you select from the list of 28 beautiful colours printed on page 16 of this booklet.

WHAT YOU HAVE TO DO.

Simply write on a piece of paper your name and address, and the colour of Distaff Dye you desire, always remembering that you cannot cover a dark material with a light tint. Please write very plainly. Take the paper on which you have written, *together with a carton (that is to say, a cardboard box) from the outside of a bottle of Mother Seigel's Syrup,* and place them into an envelope bearing a twopenny stamp, addressed to :—

A. J. White, Ltd.,
64, Hatton Garden,
London, E.C. 1.

Write the word DYES across the top left-hand corner of the envelope.

The cost to you is merely the twopenny stamp on your envelope. We make you a gift of the Dye, which is worth sixpence, and we pay the postage incurred in sending it to you.

Ask for your Free Dye to-day, as the Proprietors of Mother Seigel's Syrup reserve the right to withdraw this Offer at any time, without notice.

N.B.—Do not forget to enclose the carton which held your bottle of Mother Seigel's Syrup. We can only send the free Dye to those who send us the carton and follow the conditions printed above.

PAINS AFTER EATING

October, 1922					
S	1	8	15	22	29
M	2	9	16	23	30
T	3	10	17	24	31
W	4	11	18	25	—
T	5	12	19	26	—
F	6	13	20	27	—
S	7	14	21	28	—

Pains after eating, a sense of fulness and oppression in the stomach, are warnings of indigestion. Wind, or rather gas, is frequently formed as a result of fermentation, when food is not easily and thoroughly digested, and this gas, distending the stomach and pressing it upwards towards the heart and lungs, causes a feeling of fulness and oppression.

When food is unduly retained in the stomach, digestive processes are checked and delayed all through your system. The food begins then to decompose and creates poisonous products which enter the blood and are carried to every part of your body. This is frequently the beginning of that run-down condition which leads to that paleness of face, and poverty of blood, which is called anæmia. Mother Seigel's Syrup ensures good, easy, natural digestion, the real and only foundation of good health.

FURRED TONGUE.

A FURRED tongue, with that "nasty taste in the mouth," is one of the commonest, but surest signs of a disordered stomach, and of a condition that frequently results in severe indigestion. Irritation of the stomach, through over-indulgence in eating or drinking, or through eating unsuitable food, sets up a feverish condition, which parches the throat and mouth, and the "fur," or an unpleasant scum on the tongue, is the first result. Next, there is a loss of appetite, or disinclination for food, and a feeling of "sickishness." Mother Seigel's Syrup corrects these unpleasant conditions and restores the stomach to healthy condition.

STOMACH TROUBLES.

Under the common name of stomach troubles, we include pains after eating, a sense of fulness after meals, flatulence, acidity and several other disagreeable signs that the stomach has lost tone and strength, and is unable, consequently, to do its work easily, naturally and efficiently. Obviously, the remedy is to restore the lost tone and strength, and for this purpose you need the ideal stomach and liver tonic—Mother Seigel's Syrup. Its action upon the stomach is direct, speedy and remarkably beneficial. It is the most successful stomach tonic in the world. Take it daily after meals.

LIVER TROUBLES.

A DISORDERED state of the liver may also show itself in a dislike of food, a clammy feeling in the hands and feet, wind in the stomach and intestines, dizziness and blurred vision. Countless hosts of men and women know, by experience, what it is to have "a liver." It often means days of torture with terrible headaches. It always means much suffering. The sure and safe way to be free from liver troubles is to take Mother Seigel's Syrup, the proved remedy. It has helped thousands of one-time sufferers. *It will help you.*

HOUSEHOLD HINTS.—CONTD.

Fresh fruit stains on the table cloth can be removed by pouring water through the stained parts.

Soak new bass brooms in a strong solution of hot salt water before you use them. This toughens the bristles and makes them last much longer. For economy's sake hang up the broom, head downwards.

In home dyeing, never attempt to turn a dark material into a light shade by dyeing it. Only a light shade of material will take a light tint. White takes exceedingly well, and a pure white silk or crepe de chine, best of all. Use a good dye—Distaff Dyes are the best for home use.

Wringing out a cloth in hot water and wiping the furniture, before putting on furniture cream, will result in a very high polish that will not finger-mark.

Into a soured sponge rub a fresh lemon thoroughly, and rinse several times in luke warm water. The sponge will become as sweet as when new.

The Cause of BILIOUSNESS and the Remedy !

November, 1922					
S	-	5	12	19	26
M	-	6	13	20	27
T	-	7	14	21	28
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	-
S	4	11	18	25	-

December, 1922					
S	3	10	17	24	31
M	4	11	18	25	-
T	5	12	19	26	-
W	6	13	20	27	-
T	7	14	21	28	-
F	1	8	15	22	29	-
S	2	9	16	23	30	-

Biliousness is due to a disordered condition of the liver. In a state of good health, the liver produces each day a certain quantity of bile, a bitter fluid necessary to the proper digestion of food, particularly of fats. This bile fluid, as it is commonly called, also acts as a natural purgative, keeping the bowels healthily active. Should the liver fail to send out the proper amount of bile, the food you eat, instead of properly digesting, ferments, causing windy spasms and constipation.

On the other hand, excess of bile causes sickness, headache and depression. The skin and the whites of the eyes, become yellow, there is a bad taste in the mouth, the tongue is thickly coated, and there are dull pains in the sides and back.

DULL OR THROBBING HEADACHES.

This distressing complaint is frequently due to indigestion and constipation. The patient is sometimes unable to retain food, the pulse is quickened, and the temperature is high, while over and above these symptoms is a steady dull aching of the head, or throbbing at the temples.

If the cause is indigestion, biliousness or constipation, the natural remedy is to be found in a course of Mother Seigel's Syrup, a medicine which assures the healthy action of the liver, stomach and bowels.

IN CONNECTION WITH OUR FREE GIFT

(*see pages* 11 *and* 12), we give below a full list of the

28 BEAUTIFUL COLOURS

in which Distaff Dyes for home use may be obtained at Sixpence each, at most chemists, but before you buy even one packet, look at our Special Offer in which we promise to send you any one Dye you like, *free of charge.*

1. Pink.
2. Old Rose.
3. Cerise.
4. Scarlet.
5. Crimson.
6. Claret.
7. Mauve.
8. Violet.
9. Purple.
10. Gray.
11. Saxe Blue.
12. Navy Blue.
13. Black.
14. Cream.
15. Lemon.
16. Daffodil.
17. Champagne.
18. Tangerine.
19. Jade.
20. Emerald.
21. Light Green.
22. Dark Green.
23. Fawn.
24. Brown.
25. Nigger Brown.
26. China Blue.
27. Cornflower Blue.
28. Royal Blue.

LIST OF PRICES.

Mother Seigel's Curative Syrup (new package)	**3/-**
„ „ Syrup Tablets	**3/-**
„ „ Operating Pills	**1/3**
„ „ Soothing Plasters	**1/3**
„ „ Ointment	**1/3**
„ „ Malt Cough Balsam	**1/3**
White's Liniment (Distaff Brand)	**1/3**
Kno-Ska	**1/3**
Distaff Dyes...	**6d.**
Distaff Shampoo Powder (Iodised)	**3d.**

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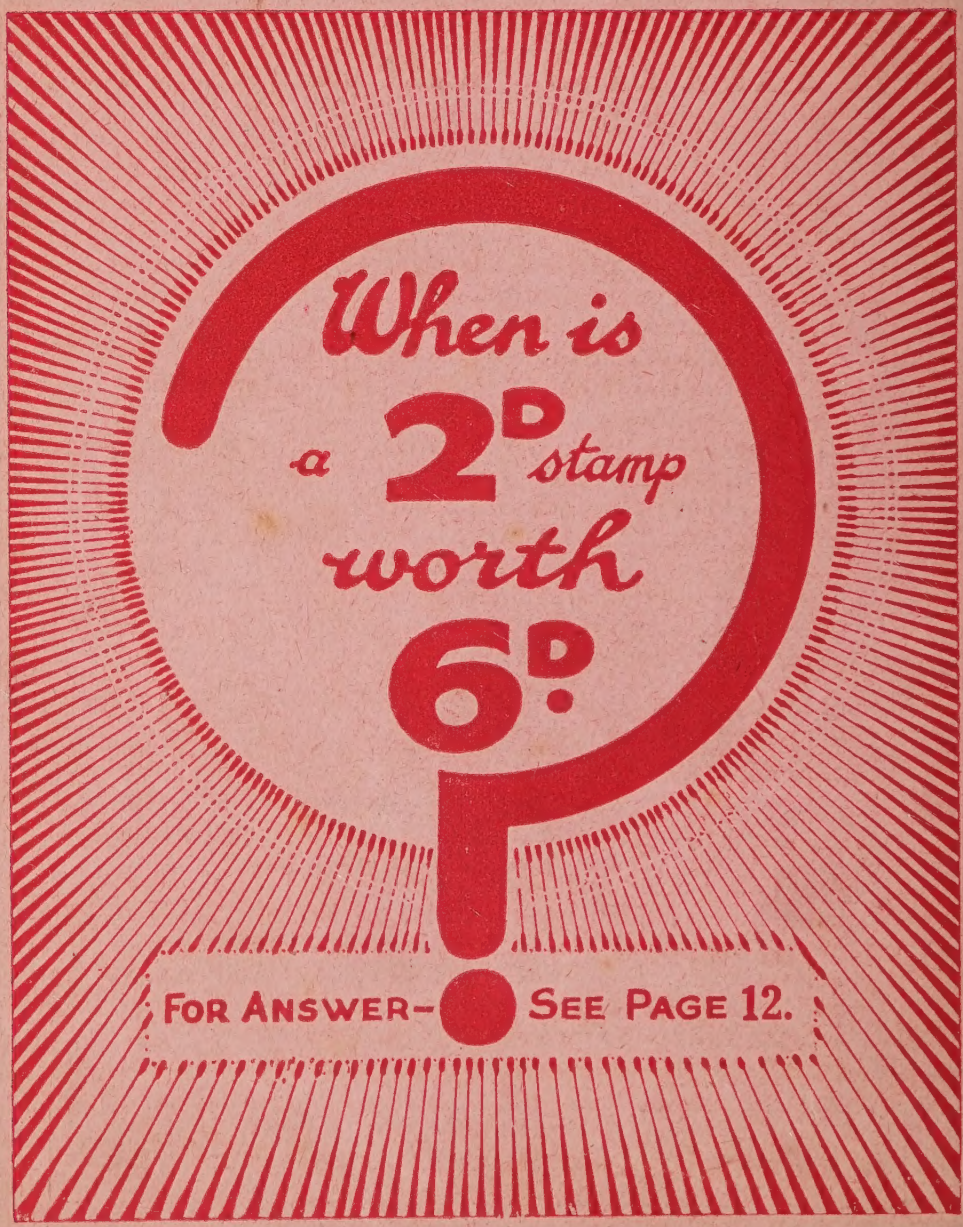
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